

**July 2016**

# Maryland Diabetes Prevention e-Link

## Your connection to resources and tools



The Maryland Diabetes Prevention e-Link is a part of the Maryland Diabetes Prevention and Control Program (DPCP). The Maryland DPCP works through a model of influence with other organizations and professionals to prevent and control diabetes and its risk factors across the state. [Learn more here.](#)

### Job Announcements

The Center for Chronic Disease Prevention and Control has two new, exciting opportunities to join the Center's team!

#### [Chronic Disease Epidemiologist](#)

Application Deadline: August 15, 2016

#### [Community Health Educator](#)

Application Deadline: August 9, 2016

Please share these announcements with your partner networks.

### Upcoming Trainings

#### [Evidence-Based Community Programs for Chronic Diseases](#)

September 7, 2016

8 a.m. to 4 p.m.

For chronic disease professionals, coaches/leaders, local health departments, aging network, health care/allied health professionals, the goal of this conference is to provide professionals with practical skills that will strengthen the utilization and sustainability of evidence-based community programs for chronic diseases and facilitate the development of partnerships. [Register](#)

#### [Save the Date! Motivational Interviewing](#)

September 28, 2016

9 am - 4 p.m.

### **DSME and DPP Providers - Don't Miss Out!**

#### [Use the Be Healthy Maryland site to publicize your diabetes and diabetes prevention classes](#)

Publicizing your classes, tracking data and participants, and managing referrals can be difficult and time consuming. DHMH's new website makes these tasks easier for your organization

### [Join Our Mailing List](#)

### [Find Classes in Maryland](#)

### [Diabetes Prevention Programs](#)

### [Diabetes Self-Management Education Programs](#)

### [Chronic Disease and Diabetes Self-Management Programs](#)

### [Resources and Tools](#)

#### [Maryland Diabetes Program](#)

#### [National Diabetes Prevention Program](#)

#### [National Diabetes Education Program](#)

#### [Diabetes Training and Technical Assistance Center](#)

#### [CDC National Diabetes Statistics Report, 2014](#)

### [Other Interesting Links](#)

#### [Maryland Cancer Collaborative on Facebook](#)

#### [Maryland Patient Navigation Network on Facebook](#)

The new [Be Healthy Maryland](#) website is now live. The site makes it easier for Marylanders to locate and be referred to evidence-based diabetes prevention, and diabetes and chronic disease self-management programs. Program providers can use an associated website, Maryland Workshop Wizard, to add and manage class information.

If your organization provides one of the programs listed below, don't miss this opportunity to use the site to publicize your classes and receive referrals from healthcare providers and the public.

**Bonus! DPP providers can use the site to manage participant data and create CDC reports. No more messy spreadsheets!**

Diabetes Self-Management Education (DSME)  
Stanford Chronic Disease Self-Management Education Programs (CDSME) including Chronic Disease, Diabetes, Pain, and Cancer  
Diabetes Prevention Programs (DPP)

Please contact [Sue Vaeth](#) at the Center for Chronic Disease Prevention and Control to learn more.

## Webinars and Events

### **Community Approaches to Advance Health Equity**

The CDC's Division of Community Health, Office of Health Equity in collaboration with the Training, Translation and Communications Branch release an improved Community Approaches to Advance Health Equity online training module. The module now includes six lessons with more interactive exercises and it allows the user to produce a health equity workbook. There is no cost, and .1 CEU/CE; 1 CHES is available.

### **Diabetes Sisters' Life Class Webinar Series**

Diabetes Sisters offers webinars in order to educate, support, and advocate for women with diabetes. View archived webinars or register for upcoming events.

### **Diabetes Webinar Series**

The Utah Department of Health offers a free monthly webinar designed for individual or groups of diabetes educators, Pharmacists and other health care providers interested in staying up to date on current practices of care for their patients with diabetes. The webinar takes place on the third Wednesday of each month from 2 - 3 pm.

### **Tour the Prevent Diabetes STAT Toolkit**

#### **Recorded Webinar**

Hosted by DTTAC, this free webinar will take you through the Prevent Diabetes STAT toolkit that was released by the American Medical Association and the CDC earlier this year.

## Resources

### **Power to Prevent Diabetes videos**

DHMH's Center for Chronic Disease Prevention and Control created [Power to Prevent Diabetes ads](#). Check out our YouTube channel to view the ads and use them in your own outreach efforts. We've also revamped our diabetes prevention webpage at [www.PowerToPreventDiabetes.org](#). The CDC also worked with partners to create [Type 2 Diabetes Prevention ads](#) and other materials to boost awareness of prediabetes.

### **Helping People Manage the Emotional Side of Living with Diabetes**

## **New Beginnings: A Discussion Guide for Living Well with Diabetes**

**Diabetes** was developed by the National Diabetes Education Program to help people with diabetes and their loved ones deal with the emotional side of living with diabetes. The guide helps identify family and social support needs and develop goal setting, positive coping, and problem-solving skills. Modules can be used together to develop diabetes discussion groups that meet over a few weeks or months. Each module can also stand alone to be integrated into an existing diabetes education or support group.

### **Diabetes Resources for Men**

The National Diabetes Education Program (NDEP) reminds men living with diabetes that they can **take steps** to manage their diabetes successfully to prevent or delay long-term health consequences. Check out the information - in English and Spanish - on each of the pages for:

- [\*\*Heart Disease and Stroke\*\*](#)
- [\*\*Kidney Disease\*\*](#)
- [\*\*Erectile Dysfunction\*\*](#)

### **New Resources from the 2015-2020 Dietary Guidelines**

A [\*\*new toolkit\*\*](#) from the Office of Disease Prevention and Health Promotion (ODPHP) includes several Dietary Guidelines resources that health professionals can download and use in their practices. Resources include a downloadable PDF of the guidelines, Recommendations at a glance (English and Spanish), downloadable graphics, conversation starters, and patient handouts.

## **Diabetes at Work**

### **CDC Offers Worksite Health ScoreCard**

Use CDC's Worksite Health ScoreCard to measure the health of your workforce and evaluate workplace efforts to help employees improve their health. CDC developed this free online tool to help employers measure how proven, science-based health promotion strategies can be used in their worksites. Strategies include the following:

- Lifestyle counseling.
- Physical and social environmental facility changes like stairwell enhancements or an on-site fitness center.
- Policies like tobacco-free campuses.
- Health plan benefits.
- Other worksite programs, such as walking clubs, which have been shown to promote healthy lifestyles and prevent chronic diseases.

### **Diabetes Care in the Heat, Extreme Weather, and Emergencies**

With Summer upon us and as temperatures start to rise, it is important to revisit company emergency procedures to address heat-related illnesses. People with diabetes, who work outdoors or in hot indoor environments, may need to take additional caution to maintain their health. The Occupational Safety and Health Administration (OSHA) recommends that employers prepare illness prevention plans and train workers to recognize and prevent heat-related illness. CDC's Be Prepared! offers guidance and resources to help people manage diabetes in extreme weather, emergencies, and natural disasters.

## **Recipes to Try - Watermelon in the Summertime!**

- [Watermelon Video!](#)
- [Grilled Watermelon](#)
- [Watermelon Smoothies](#)



## Recent Research and Featured Articles

### **Diabetes Drug Victoza May Help the Heart: Study**

An international study funded by the drug's maker, Novo Nordisk, found that Victoza, a daily, injected blood-sugar lowering medication cuts the risk of heart attack and stroke in type 2 diabetes patients.(HealthDay)

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